

Larue D. Carter Memorial Hospital The Carter Insider



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Our Vision:

To serve the citizens of Indiana as a center of excellence in mental health.

Our Mission:

To provide specialized treatment, education, and research in the field of mental health.

- Teaching
- Research
- Treatment

The Carter Insider

Editor: Deb Doty
This Month's Contributors:
Becky Dutton, Hank Kimmel,
Paula McAfee, Todd Peters, Stan
Russell, Kathy Scott, Vivian
Shank, Indu Vohra, the Safety
Council, the Wellness Commit-
tee

We're Havin' A Heat Wave...

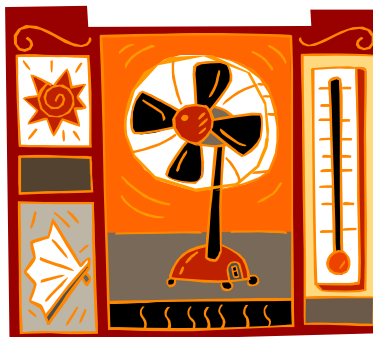
The body normally cools itself by sweating. But during hot weather—especially with high humidity—sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken.

Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

People who are exerting themselves outdoors during hot and humid weather are at risk for heat illnesses—particularly those individuals who may not have built up a tolerance to hot conditions.

To avoid heat illnesses, remember these three words:

- **Water**
- **Rest**
- **Shade**



Drinking water often (at least four cups of water every hour), taking breaks, and limiting time in the heat can help prevent heat illness.

These additional steps can also help prevent heat-related illness:

- Gradually build up heat tolerance over several days to weeks, taking more frequent breaks initially.
- Be on alert for symptoms of heat illness.
- Have a plan for heat-related emergencies.
- Wear a hat and sunscreen.
- Save extreme activities for a cooler/less humid day or schedule them for a cooler time of day.

Don't Be a Crispy Critter

You know the sun can cause burns, wrinkles, and skin cancer. But do you know how to use sunscreen to reduce the damage? Here a few tips:

- **Everyone six months old and older should use sunscreen.** The lighter the skin tone, the more you need it.
- **Use sunscreen all year.** Unless you use it 365 days a year, you won't get full protection. Even in December and January, you can be susceptible to UVA

rays because the angle of the sun is so low.

- **Get rid of old sunscreen.** Sunscreens can expire. So, be sure to check the expiration date on your sunscreen.
- **Slather it on!** Most people only use half to a quarter of what they should use. You should use about two tablespoons for your body and one-half teaspoon for your face. And don't for-

get to reapply sunscreen if you're outside for extended periods of time.



Quality Checkpoint by IOP Director Indu Vohra



Attention direct care staff! IOP will conduct a survey on "Patient Safety Culture" during July to get staff input on patient safety for performance improvement.

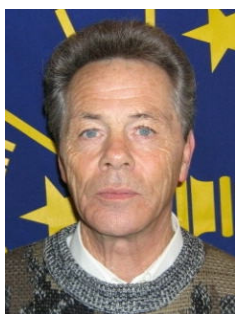
The Joint Commission requires that all individuals who work in the hospital participate in performance improvement activities. Under various Joint Commission standards—especially related to the chapters on "Performance Improvement," "Leadership," and "Information Management"—it is required that the hospital collects, re-

views and analyzes data on staff input and opinion about patient safety and quality of care services to identify opportunities for continuous performance improvement.

On **July 16, 2012**, IOP will distribute survey questionnaires for hospital staff serving at select direct care operations. Unit Supervisors for all three shifts will distribute the questionnaires to the direct care staff (state employees only): RNs, LPNs, BHRAs, Social Workers and Rehabilitation Therapists. The staff responses for IOP's patient

safety survey are **completely anonymous and confidential** and are to be turned in to Vicky Tucker in room 1-2031. The survey process will be **completed by July 31**. Please stay tuned for more information and actively participate in this survey. Your input will help IOP to identify performance improvement opportunities for the hospital. If you have any questions, please contact Indu Vohra, Performance Improvement Director, by calling X 4192 or e-mail her at indu.vohra@fssa.in.gov.

Safe and Secure by the Safety Council



**LCH Safety Officer
Stan Russell**

We know Joint Commission is placing greater and greater emphasis on environment of care issues, and we know we are due for our Joint Commission inspection. But **safety is important all the time** because it touches everyone who comes through LCH's doors. So, **safety concerns everyone at Larue Carter**.

To inaugurate this regular column, we'd like to introduce you to LCH's Safety Officer, Stan Russell. Stan serves as the

coordinator for all safety plans and programs, and he has the authority to take immediate action as needed to contain situations that pose a threat or harm to life, health, or resources within the hospital. He's responsible for conducting inspections to ensure compliance with federal OSHA standards and Indiana law. He has many years of experience in this field, and we're fortunate to have him here.

Stan is the "go-to man" if you

have any safety issues or concerns. You can reach him at X 4090 (his line) or 4097 (the physical plant office line). He and his staff are here to help the patients and staff be safe and secure in our environment.

This month's safety walk-through inspection is tentatively set for July 19. The inspection areas will be Youth Services, the gym, and the clinic.

LCH Potpourri

Congratulations to Vonda Montgomery on being named LCH's Employee of the Month for July! Vonda, (IOP secretary) is recognized for her dedicated service to the hospital, including her participation in the weekly seclusion and restraint group. And everyone knows her smile and willingness to go beyond the routine demands of her job!



**Vonda Montgomery
July Employee of the Month**

LCH welcomes: Tami Hix (Pharmacy Tech), **Midrea Kelly** (BHRA), **Bill Larson** (Accountant), **Kirsten Markley** (BHRA), **Charles McNicholas** (Steam Plant Operator), **Dinnia Nash** (BHRA),

Betty Russell (Risk Data Manager), and **DeWayne Whitney** (BHRA).

We say farewell to: Tehelia Brown (BHRA), **Phyllis Hall** (BHRA), **Justin Martin** (BHRA), **Shar'Niese Miller** (BHRA), **Frances Raines** (BHRA), **Julie Taylor** (Charge Nurse), **Twanna Williams** (BHRA), and **Matt Wood** (BHRA).

Best wishes and happy retirement to Barb Clay (Secretary) as she retires. You will be missed, Barb!

The **Cultural Diversity Com-**

mittee invites all staff to a **brown bag session on July 17 from 1:00-2:00 pm in the Boardroom. Linda Williams of NAMI will present "In Our Voice."** So, bring your lunch and enjoy!

Art Gentry's (housekeeping) son, Derick Gentry, passed away in a drowning accident on June 27. Viewing and services will be held at Craig Funeral Home, 3447 North College, on July 3—viewing from 11:00 am to 1:00 pm and services from 1:00 to 2:30 pm. Our hearts go out to Art and his family at this difficult time.

Wellness Works by the Wellness Committee

Staying hydrated may keep you out of the Emergency Room!

Here in central Indiana we have had several days of temperatures in the triple digits. These temperatures are dangerous, and become more dangerous the higher they go and the longer they last. The very young and the very old are at the highest risk, as their weight and age can impair their ability to handle high temperatures.

July is National Hydration Month, and to observe the occasion, here are a few tips to help you beat the heat:

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration—be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places such as libraries, shopping malls, and movie theatres are air conditioned.
- Avoid hot, enclosed places, such as cars. Never leave children unattended in a car parked in the sun.
- Use a fan, if available.
- Stay on the lowest level of your home.
- Eat well-balanced, light, regular meals.
- Wear loose-fitting, lightweight, light-colored clothing.
- Cover windows that re-

ceive significant amounts of sun with drapes or shades to help keep your house cool.

- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

Dehydration warning signs:

- Noticeable thirst
- Muscle cramps
- Weakness
- Decreased performance
- Nausea
- Headache
- Fatigue
- Lightheadedness or dizziness
- Difficulty paying attention

Hydration Tips:

- **Know your sweat rate.** Staying properly hydrated is all about maintaining your body's fluid balance so there's not too much or too little. If you're exerting yourself, weigh in before and after. Keep track of how much fluid you drink. Add the amount of weight lost with the amount of fluid consumed to know how much you need to drink to stay hydrated. Check your urine color—if it's pale yellow, you're probably hydrated; if it's dark yellow, you're probably dehydrated.

- **Hydrate before, during, and after work outs.**
- **Choose the right beverage.** While water may be good when nothing else is available, research shows that a properly formulated sports drink, such as Gatorade, is best when you're working out. That's because it contains electrolytes to replace what's lost in your sweat and carbohydrates to provide energy for the muscles. It also has flavor to help encourage you to drink. Avoid fruit juices, carbonated drinks, caffeinated drinks, and energy drinks before, during, and after working out. Also avoid alcoholic beverages.
- **Take action if you feel ill.** Suffering in silence when you feel the beginning signs of dehydration can be dangerous. Notice what your body tells you, and if you don't feel well, stop exerting yourself and get attention.
- **If you have questions or concerns, talk to your doctor.**



HeRe for You! By HR Director Becky Dutton



Ethics. As State employees, we recently completed our required Ethics Refresher Training Course online. But what are ethics? Integrity? Honesty? One definition reads: "Ethics is the branch of philosophy that deals with morality. Ethics is concerned with distinguishing between good and evil in the world, between right and wrong human actions, and between virtuous and non-virtuous characteristics of people."

So, it's part of our character—things that comprise who we are at our very core when no one is around to see or judge our behavior. For instance, when the clerk at the store accidentally gives you too much change, and you don't notice until you're getting into your car, do you turn around and go back inside to return it? We all have those moments when we can choose to do the right thing or we can choose to take a different path.

We're having a major hiring surge here at LCH, and I trust our hiring managers are looking for these intangible qualities as much as—or more than—anything else. We should be seeking out people who are willing to work, willing to learn, and are team players.

Generally speaking, someone can be taught to change a lock, repair a leaky pipe, perform a patient hold, administer medications, mop floors, or build a spreadsheet. But when a candidate walks through our door for that first interview, they either bring a strong moral character or they don't. That is what we can't teach them. But that is what we value most.

Every day we have choices to make. We can choose to conduct ourselves in a professional manner, or we can cave in to emotions, causing reactions that may later be regretted.

Realizing that we are all on the same team doesn't mean that

everyone will be our "best friends" or that we will always agree with each other. But it should mean that we have a strong foundation of mutual respect and an overwhelming dedication to deliver the utmost in care to our patients.

That is our foundation. That is our purpose. That is why we are here.

We are a growing family. May we each take a moment to examine ourselves and our moral compass. There's always room to make positive adjustments. Let's all take that first step together.

On July 27, representatives from **PERF and Hoosier START** will be in the Boardroom from 8:30 am to 4:30 pm to answer questions concerning retirement planning for State employees. To make an appointment, contact HR at X 4319 or 4350.

The Star-spangled Banner



On September 3, 1814, following the burning of Washington and the raid on Baltimore, Francis Scott Key and John Stuart Skinner set sail from Baltimore aboard the HMS Minden, flying a flag of truce on a mission approved by President James Madison. Their objective was to secure the exchange of prisoners. While on this mission, they overheard the details of the British plans for attack on Fort McHenry, so they were held captive until after that battle. During the rainy night, Key witnessed the bombardment of the fort, and observed from the light of "the rocket's red glare" and the "bombs bursting in air" that the fort's smaller "storm flag" continued to fly, but once

the barrage ceased, he did not know how the battle turned out.

Shortly after dawn, Key saw that the storm flag had been lowered and the larger flag—the one we now refer to as "the star-spangled banner," had been raised. He was inspired at the sight of the large 15-star/15-stripe flag flying triumphantly above the fort.

The next day, while still on ship, Key began writing a poem on the back of a letter he had in his pocket. He completed the poem a few days later after his release from British custody. That poem would become the lyrics for the United States' National Anthem.

On September 16, Key gave the poem to his brother-in-law,

Joseph Nicholson, who found that the words fit the then-popular melody of "The Anacreontic Song" (or "Anacreon in Heaven") by English composer, John Stafford Smith. The first version of the combined melody and lyrics was printed on September 17. The song gained in popularity throughout the 19th century. But it was not until 1931, when John Philip Sousa published his opinion that the song should become the National Anthem, that there was a sudden groundswell of support for the song to become the nation's National Anthem. On March 3, 1931, President Herbert Hoover signed the law making "The Star-spangled Banner" the United States' National Anthem.